

MONDAY

06:15 – 06:50	JD BURN	STUDIO
07:00 – 07:30	X FIT	RIG
08:30 – 09:30	PILATES	STUDIO
09:40 – 10:10	SPIN	SPIN STUDIO
12:05 – 12:40	JD BURN	STUDIO
12:40 – 12:55	JD ABS	STUDIO
17:30 – 18:00	SPIN	SPIN STUDIO
17:30 – 18:05	JD BURN	STUDIO
18:45 – 19:30	BODY COMBAT	STUDIO
19:10 – 19:40	SPIN	SPIN STUDIO
19:50 – 20:25	JD BURN	STUDIO

TUESDAY

06:15 – 06:50	JD BURN	STUDIO
06:30 – 07:15	SPIN	SPIN STUDIO
06:55 – 07:10	JD ABS	STUDIO
09:30 – 10:15	ZUMBA	STUDIO
10:30 – 11:00	LBT	STUDIO
12:15 – 12:45	SPIN	SPIN STUDIO
16:50 – 17:25	JD BURN	STUDIO
17:30 – 18:15	BODY PUMP	STUDIO
18:20 – 18:50	SPIN	SPIN STUDIO
18:25 – 19:10	BODY ATTACK	STUDIO
19:50 – 20:50	PILATES	STUDIO

WEDNESDAY

06:15 – 06:50	JD BURN	STUDIO
06:55 – 07:10	JD ABS	STUDIO
09:15 – 09:50	JD BURN	STUDIO
12:05 – 12:40	JD BURN	STUDIO
12:40 – 12:55	JD ABS	STUDIO
17:30 – 18:15	SPIN	SPIN STUDIO
17:30 – 18:05	JD BURN	STUDIO
18:30 – 19:05	JD TONE	STUDIO
20:00 – 21:00	PILATES	STUDIO

THURSDAY

06:15– 06:50	JD BURN	STUDIO
06:30 – 07:15	SPIN	SPIN STUDIO
06:55– 07:10	JD ABS	STUDIO
09:30– 10:00	SPIN	SPIN STUDIO
12:15 – 12:45	SPIN	SPIN STUDIO
12:55 – 13:25	LBT	STUDIO
17:30 – 18:15	BODY PUMP	STUDIO
17:55 – 18:40	SPIN	SPIN STUDIO
18:25 – 19:10	BODY COMBAT	STUDIO
19:30 – 20:15	ZUMBA	STUDIO

FRIDAY

06:15– 06:50	JD BURN	STUDIO
06:55 – 07:10	JD ABS	STUDIO
09:30 – 10:00	SPIN	SPIN STUDIO
09:30 – 10:15	ZUMBA	STUDIO
10:30 – 11:00	LBT	STUDIO
11:15 – 11:50	JD BURN	STUDIO
17:30 – 18:05	JD BURN	STUDIO
18:10 – 18:40	SPIN	SPIN STUDIO
19:45 – 20:45	YOGA	STUDIO

SATURDAY

08:30 – 09:00	SPIN	SPIN STUDIO
11:40 – 12:15	JD BURN	STUDIO
12:30 – 13:30	YOGA	STUDIO

SUNDAY

09:00 – 09:30	BOOT CAMP	BURN ZONE
09:45 – 10:15	SPIN	SPIN STUDIO
10:50 – 11:35	ZUMBA	STUDIO
11:55 – 12:30	JD BURN	STUDIO

INFORMATION ABOUT OUR CLASSES:

Due to social distancing, class numbers will of course be smaller than usual, but because our studios are so large, we can still cater for lots of people.

We will continue to operate with a first come first served system. Please turn up in good time and take your place in the studio, as per the markings. If all places are full, please join a later class.

Please continue to follow the social distancing and hygiene guidelines when part aking in classes.